

# Exercise Psychology

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## Minor Code - U216

The Exercise Psychology Minor provides students an opportunity to complement their degrees with specialization in the psychological factors affecting exercise and physical activity behavior. Students will also explore psychological and behavioral interventions designed to use exercise and physical activity as a mechanism toward chronic disease prevention, wellness, and mental health. Exercise Psychology minors will engage in self-exploration while learning to effectively work with others in diverse health-related settings applicable to a range of careers.

Code	Title	Hours
An average GPA of 2.0 is required across courses counted toward the minor.		
Students must take a minimum of 9 unique credit hours, distinct from any other academic credential, to earn the minor.		
<b>Required Courses</b>		
HWB 224	Enhancing Health and Well-being	3
HWB 375	Methods of Health Coaching	3
SEP 283	Introduction to Exercise Psychology	3
SEP 415	Physical Activity Promotion in Diverse Settings	3
SEP 425	Psychology of Injury and Rehabilitation	3
or HWB 359	Mindfulness for Health and Well-being	
Total Hours		15